

What is claimed is

1. A composition to enhance a level of sexual wellness for both sexes, comprising ingredients that include:

a substrate as a source of arginine and, subsequently, for nitric oxide; and

a stimulator that includes proanthocyanidins in an amount to stimulate an endothelial NO-synthase enzyme, which serves as a catalyst for synthesis of the nitric oxide;

the ingredients being in therapeutically effective amounts so that, when the ingredients are administered at least daily over a period of time, a sufficient amount of the nitric oxide releases from the synthesis to enhance a level of sexual wellness by an end of the period of time.

2. A kit comprising a container with ingredients that include:

a substrate as a source of arginine and, subsequently, for nitric oxide; and

a stimulator that includes proanthocyanidins to stimulate an endothelial NO-synthase enzyme, which serves as a catalyst for synthesis of the nitric oxide;

the ingredients being in therapeutically effective amounts so that, when the ingredients are administered at least daily over a period of time, a sufficient amount of the nitric oxide releases from the synthesis to enhance a level of sexual wellness by an end of the period of time.

3. A kit of claim 2, further comprising at least a hormone supplement within the container, the hormone supplement being selected from a group consisting of a hormone concentration increaser that, when administered, increases concentration of hormones in blood, a hormone production stimulate that, when administered, stimulates production of hormones, and a precursor of hormones.
4. A kit of claim 2, further comprising at least one hormone supplement within the container that, when administered, increases a proportion of a hormone in its free form to be more bioavailable.
5. A kit of claim 2, further comprising at least one hormone supplement within the container, the hormone supplement having an ingredient selected from a group consisting of the sex hormone, a precursor of the sex hormone and a stimulator of a production agent of the sex hormone configured to increase bioavailability of a sex hormone upon administration.
6. A kit of claim 2, wherein the substrate and the stimulator are part of a composition.

7. A method of attaining enhanced sexual wellness by stimulating nitric oxide synthase enzyme and releasing nitric oxide, comprising:

administering a composition daily over a period of time, the composition comprising ingredients that include a substrate and a stimulator, the substrate being a source of arginine and, subsequently, of nitric oxide; the stimulator including proanthocyanidins to stimulate an endothelial NO-synthase enzyme, which serves as a catalyst for synthesis of the nitric oxide; and

releasing a sufficient amount of nitric oxide from the synthesis in response to the administering to enhance sexual wellness by an end of the period of time.

8. The method of claim 7, wherein the administering includes initially administering an elevated dosage of the composition to attain the enhanced level of sexual wellness by the end of the period of time and thereafter administering a dosage of the composition daily that contains less of the composition than the elevated dosage and still provide the enhanced level of sexual wellness.

9. A method of claim 7, further comprising administering additionally a hormone supplement, the hormone supplement being selected from a group consisting of a hormone concentration increaser that, when administered, increases concentration of hormones in blood, a hormone production stimulator that, when administered, stimulates production of hormones, and a precursor of hormones.

10. A method of claim 7, further comprising administering at least one hormone supplement increases a proportion of a hormone in its free form to be more bioavailable.
11. A method of claim 7, further comprising administering a hormone supplement having an ingredient selected from a group consisting of the sex hormone, a precursor of the sex hormone and a stimulator of a production agent of the sex hormone configured to increase bioavailability of the sex hormone upon administration.
12. A method of attaining enhanced sexual wellness by stimulating nitric oxide synthase enzyme and releasing nitric oxide, comprising:
- administering supplies of ingredients at least daily over a period of time, the ingredients including a substrate that is a source of arginine and, subsequently, of nitric oxide, and including a stimulator that has proanthocyanidins in an amount sufficient to stimulate an endothelial NO-synthase enzyme, which serves as a catalyst for synthesis of the nitric oxide; and
- releasing a sufficient amount of the nitric oxide from the synthesis in response to the administering to attain an enhanced level of sexual wellness by an end of the period of time.

13. The method of claim 12, wherein the administering includes initially administering an elevated dosage of the composition to attain the enhanced level of sexual wellness by the end of the period of time and thereafter administering a dosage of the composition daily that contains less of the composition than the elevated dosage and still provide the enhanced level of sexual wellness.

14. A method of claim 12, further comprising administering a hormone supplement configured to increase bioavailability of a sex hormone upon administration, the hormone supplement having an ingredient selected from a group consisting of the sex hormone, a precursor of the sex hormone and a stimulator of a production agent of the sex hormone.

15. A method of claim 12, further comprising administering a hormone supplement having an ingredient selected from a group consisting of the sex hormone, a precursor of the sex hormone and a stimulator of a production agent of the sex hormone configured to increase bioavailability of the sex hormone upon administration.